

Checking footwear

Objective

Discuss strategies for inspecting footwear.

Share: Slips occur when there is too little traction between the footwear and the walking surface. Wearing shoes that are in good condition with a high-traction sole can help prevent slips, trips, and falls.

A rule of thumb: Replace your shoes when an area on the sole the size of two pennies laid flat has been worn smooth (see photo examples).

In addition to the two-penny rule, replace footwear when:

- Cracks go all the way through the sole.
- Chunks or pieces of the sole are missing.
- Separating from the upper portion.
- Holes appear in fabric or leather upper portion.

Ask: Take a look at your shoes. What kind of condition are they in? Will your current shoes reduce or increase your risk of a slip, either at home or at work? Why?

Consider sharing: This is a great opportunity to clarify footwear expectations.

Ask: Any safety concerns or suggestions?

